



Riverside Review

Volume 2019

Issue 2 February 2019

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Phone: 503-556-3889
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Rainier Eagles Donate to Rainier Senior Center



Linda Duckworth presents a check from the Rainier Eagles women's auxiliary to Jan Rich for the center's nutrition program.

Your Fred Meyers Rewards Help the Nutrition Program at the Center

The center received \$334.23 from Fred Meyer for the year 2018. **Let's make a goal of \$400.00 for 2019.** Sign up online to connect your FM reward card and help us meet this goal. You will continue to receive all the Fred Meyer benefits the only difference is the center also benefits through a quarterly donation from the store.

Hours
Rainier Senior Center Hours
9:30 am to 2:30 pm
Monday through Friday

Board Members

Jan Rich. Pres.

Carla Bodenhamer, V Pres.

Rachel Kelley, Sec. and Treas

*At Large: Shirley Emerick, Clint Kelley,
Marilyn Tift, and Judy Lepin*

Newsletter Editor: *Beth Bailey*

Please Complete Your NAPIS Form for the Senior Center Nutrition Fund

NAPIS forms are extremely important to your Senior Center. These completed forms are how the Community Action Team reimburses the center. whenever you eat a meal and sign in at the desk. Previously they are worth 75 cents but since July they are worth \$1.25. **If your NAPIS form is more than one year old**, please stop by the front desk and complete a current one. If you have any questions, please talk to any Board member.

Stop by the Desk- It only takes a minute or less.



During
Birthday Friday the Center
will be offering a
FREE lunch
certificate to those
birthday folks present

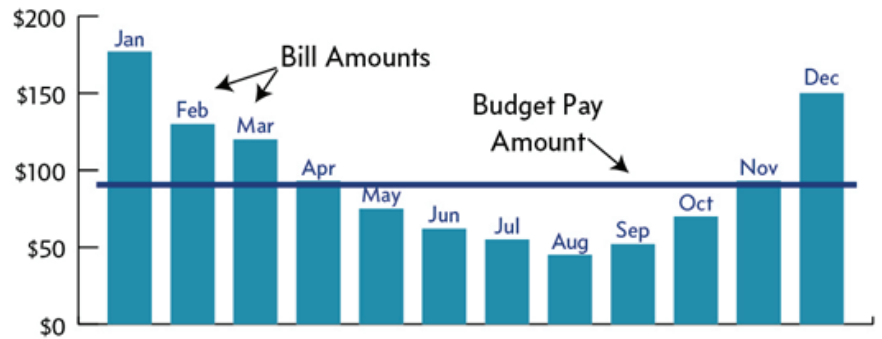
Pay the Same Amount Year-Round

Worried about high winter electric bills? Consider enrolling in Columbia River PUD's Budget Pay program. With Budget Pay, you pay the same amount every month, all year long. That's why Diana in St. Helens enrolled.

"I think the Budget Pay program is great. I use it because there are no surprises for one year, from February to February. It makes it much easier to budget that way," Diana said.

The PUD enrolls customers in the Budget Pay program in March. To enroll, you must have a zero balance and at least 12 months of usage history with the PUD. Each year in March, the PUD reviews your usage from the previous year to set your monthly billing for the coming year.

To sign up for Budget Pay or to learn more about the program, call the PUD's Customer Accounts Department at (503) 397-0590, or visit crpud.net/budgetpay.



COLUMBIA RIVER
PUD

A COMMUNITY-OWNED UTILITY

Weather Making It Miserable?

***Brighten up your day!
Invite a friend or family member to join
you for lunch or participate in an
activity at the
Senior Center!***

**Membership
Meeting Schedule:
4th Wednesday of the month
February, April, June,
August, October and
December**

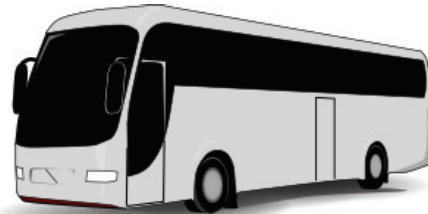
**Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994**

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.

Michelle M. Moore
Cell: 503.422.3945
Michelle@ColumbiaCityBenefitsGroup.com
www.ColumbiaCityBenefitsGroup.com
Mailing: 240 Spinnaker Way - Columbia City OR 97018

ColumbiaCityBenefitsGroup

**Special Casino Bus Trip to
LUCKY EAGLE
Last Tuesday of the Month**



**9am to 4pm
Cost: \$15/Member
See Marily to reserve your space**

Senior Center Activities

MONDAY



Blood Pressure Check

11 am

by Lowell Norbom

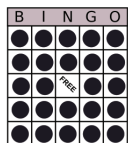


Music by

The Three of Us

Music begins at 11:00.

Sing along or dance to the tunes.



Evening Bingo

starts at 6:00pm

\$5 per card

Come have fun.

HOOKS & NEEDLES GROUP

Every Monday

1:00-2:30 pm

TUESDAY

Gentle Exercise at 10 am

WEDNESDAY

Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment

THURSDAY

1st and 3rd Thursdays

Pinochle at 1:00 PM

2nd and 4th Thursdays

Hand and Foot card game 1:00 pm

Yoga at 10:30 am

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd Friday

Foot Care

Check with the Desk.



Try our exercise equipment!

You'll feel better. Bring a friend
or family member along.

Armchair Travel to England



*Join us for
Armchair Travel to England!
Saturday, February 16
at 3 PM*

We're combining our Potluck with
this travel show.

This is also a dedication to the members we have lost: Jim
Grimes, Mike Kuester, Fay Harmon and Bonnie Davis.



Happy Birthday to our Febuary Birthday Members

Birthday Flower: Violet Birthstone: Amethyst

If your birthday is not listed or wrong, please contact the reception desk.

2/1	Joe Johnson	2/10	Rachael Ardle
2/1	Carl Sr Pellham	2/14	Beth Bailey
2/2	Nile Scott	2/18	Dodie Burton
2/2	Patti Huggins	2/22	Keith Elliott
2/4	Thomas Ramey	2/22	Carla Bodenhamer
2/5	Ed Hayslip	2/22	Shane Arnits
2/7	Alice Cash	2/26	Gwen Pellham
2/8	Sam Tift		

**Please Register your rewards program to designate the
Rainier Senior Center as the non-profit**



**Help Our
Senior Center
Earn Money!**

Register Today!

**We received \$334.23 for
2018.**

**Check to make sure your
rewards card is connected
to the center.**

Look at example →



The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

Link your card to:
Rainier Senior Citizens
- or use our non-profit number **AH614******.






















**You still get your reward points, fuel
points and rebates just the same!**

Rainier's Volunteer for the Month of February: Joan Hackathorn

Rainier's volunteer of the month is Joan Hackathorn. She moved from Portland when she and her husband retired. Joan has been helping at the center since 1996. She helps at her church, is a member of the garden club and still has time to read and help out the center. Thank you, Joan, for all that you do.



FEBUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Music with Erik & Cheri Birthday Cake  Foot Care by Lowell
4  3 of Us Hooks & Needles 1 pm  Blood Pressure 11 AM Bingo -6pm	5 Gentle Exercise 10am	6  Music by Ted Boursaw	7  Music by Inez Glaze Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	8  Foot Care by Lowell
11  3 of Us 11 am Hooks & Needles 1pm Chronic Pain 1 pm  Blood Pressure 11 AM Bingo -6pm	12 Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	13  Music by Tom Lavelle WIC 9:30am-1pm	14  Music by Al Barr Gentle Exercise 10am Chair Yoga 10:30 am Hand and Foot Cards 1 pm	15  Music by Bo Obney  Foot Care by Lowell
18  3 of Us Hooks & Needles 1pm  Blood Pressure 11 AM Bingo - 6 pm	19 Gentle Exercise 10am	20 Board Meeting 10:30	21 Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	22  Music with Vern Kennedy  Foot Care by Lowell Susannah's Supper 6pm Rainier Methodist Church
25  3 of Us  Blood Pressure 11 AM Hooks & Needles 1 PM Bingo -6pm	26 Gentle Exercise 10am Casino Bus Trip 9am -4pm \$15 See Marily	27  Music by Tom Lavelle Membership Meeting 1 PM	28  Music with Bo Obney Gentle Exercise 10am Chair Yoga 10:30 am Hand and Foot Cards 1 pm	December Meals Served: 965 Volunteer Hours: 352

February 2019 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice. NO Breakfast deliveries.

FEBUARY MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Clam Chowder Sandwich Fruit Birthday Cake
4 Pot Roast Potatoes & Carrots Broccoli Salad Roll	5 Shephard's Pie Mixed Green Salad	6 Chicken Fried Steak Mashed Potatoes Veggie	7 Western Beef Stew Salad Roll	8 Pork Red Cabbage & Apples Corn Roll
11 Spaghetti With Meat Sauce Mixed Salad Garlic Bread Cottage Cheese	12 Sirloin Tips With Mushroom Gravy Over Noodles Mixed Salad	13 Navy Bean Soup Corn Bread Pea Salad	14 Tamale Pie Chips Cole Slaw	15 Pork Chops Smothered In Mushroom Gravy Mashed Potatoes Veggie Bread
18 Meat Loaf Baked Potatoes Veggie Roll	19 Crispy Chicken Salad Bread	20 Lasagna Garlic Bread Salad	21 Salisbury Steak Mashed Potatoes Gravy Veggie Salad	22 Ham Scalloped Potatoes Veggie Roll
25 Chicken & Rice Casserole Veggie Salad	26 Split Pea Soup Ham Sandwich Fruit	27 Pork Roast Carrots & Potatoes Gravy Bread	28 Chicken N Dumplings Fruit	1 Hot Dogs Macaroni Salad Chips

Rainier Senior Center Lunch Menu

503-556-3889

www.RainierSeniors.com

Call in and carry-out orders need to be in no later than 10:30 am.

Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F

Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$5



P O Box 216, Clatskanie, OR 97016
503-728-2163

Open Monday through Friday 8 am-5 pm



Lessons on Life

Life is like riding a bicycle. To keep your balance, you must keep moving. — Albert Einstein

You only live once, but if you do it right, once is enough. — Mae West

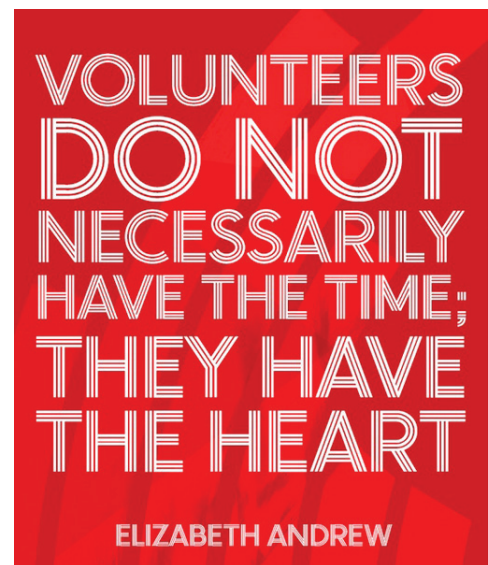
In the end, it's not the years in your life that count. It's the life in your years. — Abraham Lincoln

Do not go where the path may lead, go instead where there is no path and leave a trail. — Ralph Waldo Emerson



Chronic Pain?

Come to the
Revitalize Wellness Center orientation
at the center on **Monday 2/11/19 at 1 PM**
and learn how to manage chronic pain
by improving your quality of life.



**Support the
Senior Center**
by donating time, money, or
Returnable cans/bottles
"Every little bit helps!"



The Center's can return program has been extremely successful again due to the generosity of our community.

**For 2018 we earned \$2210.25.
Thank you everyone for bringing in
your returnable cans/plastic bottles
and glass bottles.**

Rainier Senior Center Supporters

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Dutch Bros
Dollar General
El Tapatio
Grocery Outlet
Highlander Place
Hometown Pizza
Knot Just A Bear
Means Nursery
Ol' Pastime Tavern
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
Triangle Bowl
True Value**

**Bell Studios
Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
InRoads
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Safeway
Subway
United Way**



"A Great Place...For Great People"

***Rainier Senior Center
48 West 7th Street
Rainier, OR 97048***